

## Press Release

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### Science confirms the ever growing importance of prebiotic fibres for digestive health from early on



Pictured standing from left to right:

- Prof. Ricardo Closa Monasterolo, Universtitat Rovirat i Virgili, Department of Medicine and Surgery, Catalanian Institute of Health, Spain
- Prof. Angela Zuleta, University of Buenos Aires, Faculty of Pharmacy and Biochemistry, Argentina (chair)
- Christiaan Kalk, BENEIO-Institute, Belgium
- Monica Luz Montani, BENEIO Latin America, Brasil

At the recent 17th Congreso de la Sociedad Latinoamericana de Nutrición (SLAN) in Punta Cana, Dominican Republic experts gathered from across the globe to discuss the importance of nutrition and health throughout a person's life-cycle. During the conference, insights on recent scientific studies were delivered from leading experts at the BENEIO-Institute Symposium. They demonstrated how prebiotic fibres from chicory roots support digestive health and overall wellbeing from early on by improving the gut flora composition and activity. Speaker comments included the following:

## Press Release

Monica Luz Montani, BENEIO Latin America, Brasil: “Talking about digestive health, prebiotic fibres play a key role. They are substrates for the microflora which is able to multiply and grow bifidus bacteria – the good bacteria in the large intestine, thus helping to build a strong digestive system. Only very few fibres are currently considered to be confirmed prebiotics. These are inulin-type fructans (e.g. chicory root fiber inulin and oligofructose), galactans and lactulose (a non-digestible sugar).”

Prof. Ricardo Closa Monasterolo, Universitat Rovira i Virgili, Department of Medicine and Surgery, Catalanian Institute of Health, Spain: “Whereas human milk contains about 8% of total carbohydrates in the form of prebiotic oligosaccharides, infant milk formulas do not contain such prebiotics unless they are enriched. Our scientific studies have examined the impact of prebiotic supplementation with inulin, oligofructose and oligofructose-enriched inulin (Orafti® Synergy1) to infant formula in paediatric populations. The findings showed that supplementation is safe and effective in terms of gut health. They even confirmed improvements in gut flora composition, increased stool frequency and promoting softer stools. Further benefits of prebiotic supplementation show preventive protection against the development of atopic dermatitis or infections. Infants receiving the Orafti® Synergy1 formula showed a microbiota composition closer to that of breast-fed infants, compared to those receiving the non-supplemented infant formula.”

He continued: “A very recent human intervention study confirmed the beneficial effect of oligofructose-enriched inulin (Orafti® Synergy1) in 2-5 year old constipated children. The results showed that supplemented children could improve their stool consistency.”

Christiaan Kalk, BENEIO-Institute, Belgium: “The fully fermentation inulin-type fructans from chicory root is key to their beneficial effects in the colon. Short-chain fatty acids formed during fermentation, like acetate, propionate and butyrate, are important to bowel movements, digestive health and overall health. Numerous human intervention studies confirm the effect of inulin-type fructans on bowel regularity. The effect has also been acknowledged by the European Food Safety Agency (EFSA). Based on proprietary data the authority gave a positive opinion for a health claim application for improved bowel function “

For further information on the topics discussed at Congreso de la Sociedad Latinoamericana de Nutrición (SLAN), Punta Cana, go to [www.beneo.com/slan2015/](http://www.beneo.com/slan2015/)

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The BENEEO-Institute is an organization which brings together BENEEO's expertise from Nutrition Science and Legislation teams. It acts as an advisory body for customers and partners reaching from ingredient approval, physiological effects and nutritional composition to communication and labelling. The key nutritional topics of the BENEEO-Institute's work include weight management, digestive health, bone health, physical and mental performance, the effects of a low glycaemic diet as well as dental health.

The BENEEO-Institute facilitates access to the latest scientific research and knowledge throughout all nutritional and regulatory topics related to BENEEO ingredients. It provides BENEEO customers and partners with substantiated guidance for some of the most critical questions in the food industry. BENEEO is a division of the Südzucker Group, employs 900 people and has production units in Belgium, Chile, Germany and Italy.

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